



Beyond the Binary: Exploring GIM's Relationship with Gender and Queer Realities

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Introduction

Take a Picture of the
QR code for Slides and
Workbook



Please share your name, pronouns, and
one word a loved one would describe you as.



Verein für geschlechtsneutrales Deutsch e. V.

	inklusivisch	maskulin	feminin
Nominativform	<i>en</i>	er	sie
Possessivform	<i>ens</i>	sein	ihr
Dativform	<i>em</i>	ihm	ihr
Akkusativform	<i>en</i>	ihn	sie

Workshop Flow

1. Personal Context
2. On Not Belonging: A Musical Activity
3. Key GIM Articles
4. Intersectionality and Privilege
5. Getting on the Same Page
6. Queer Realities & A Musical Activity
7. Microaggressions
8. Music Therapy Has Caused Harm
9. Interactive Video Experiences
10. Implications for GIM
11. Queer Joy and Resilience
12. Conclusions
13. Closing: On Belonging to a Musical Activity



Great Lakes Map of Native Land
From Native Land Digital

Personal Context



Lake Huron on a cold winter day



The St. Clair River just as the ice started to form



On Not Belonging: A Musical Activity



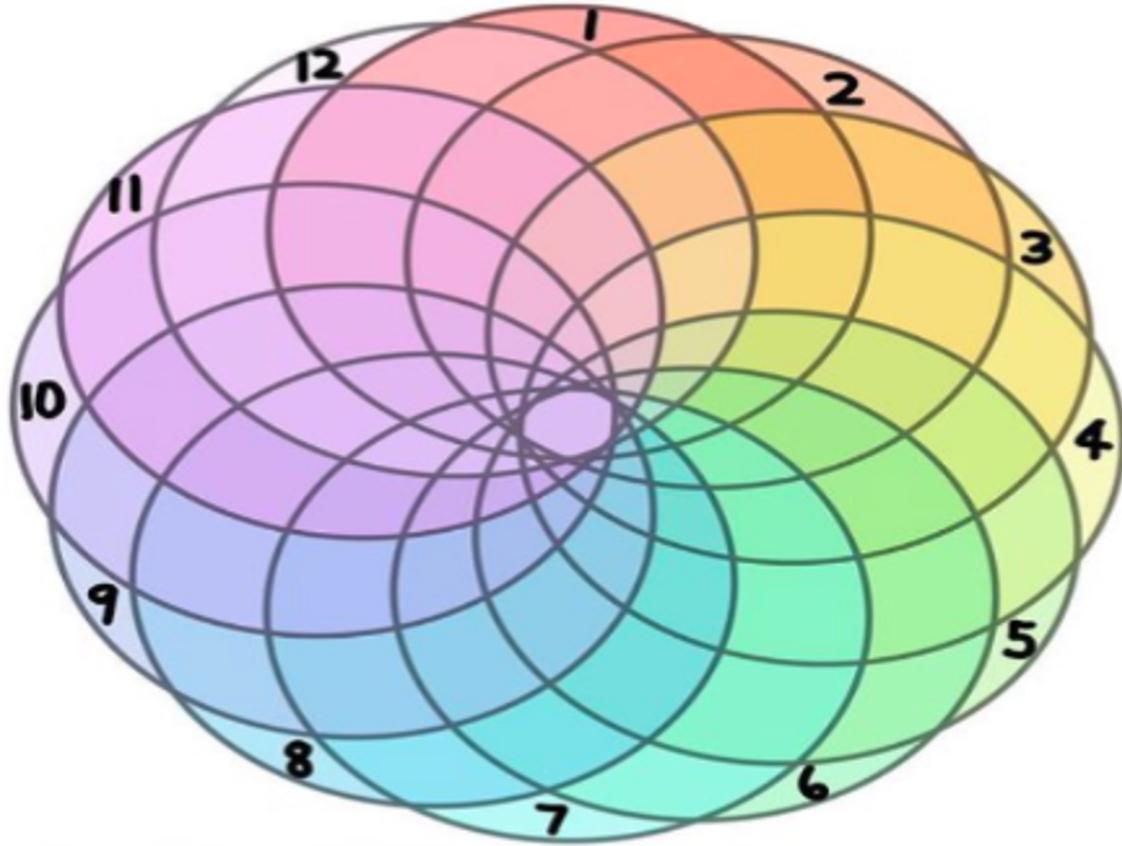
Benjamin Britten (he, him) and Peter Pears (he, him)

Photo from: Britten Pears Arts

Key GIM Articles

- Körlin, D., & Wrangsjö, B. (2001). Gender differences in outcome of guided imagery and music (GIM) therapy 1. *Nordic Journal of Music Therapy*, 10(2), 132–143.
- Meadows, A. (2002). Gender Implications in Therapists' Constructs of their clients. *Nordic Journal of Music Therapy*, 11(2), 127–141.
- Swanson, A. (2021). LGBTQ- Affirming GIM Practice. *Journal of the Association for Music and Imagery*, Vol 18, 17-26

INTERSECTIONALITY



- 1 Race
 - 2 Ethnicity
 - 3 Gender identity
 - 4 Class
 - 5 Language
 - 6 Religion
 - 7 Ability
 - 8 Sexuality
 - 9 Mental health
 - 10 Age
 - 11 Education
 - 12 Attractiveness
- (...and many more...)

Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -

@sylvia_duckworth



Kimberlé Crenshaw
(she. her)

Civil rights advocate and critical
race theory scholar.

Photo from: Columbia Law School

References: Ghetti (2020); Merriam-
Webster Dictionary; Baines (2021);
Grzanka, & Bain (2017).

Image by: Sylvia Duckworth (she.her) educator
and author, image from her instagram

WHEEL OF POWER/PRIVILEGE



Adapted from ccrweb.ca

@sylvriaduckworth

References: Besse (2021); Hetherington, (2020)

Critical Self Reflection: Recognizing Your Privileges

Critical Self Reflection Questions:

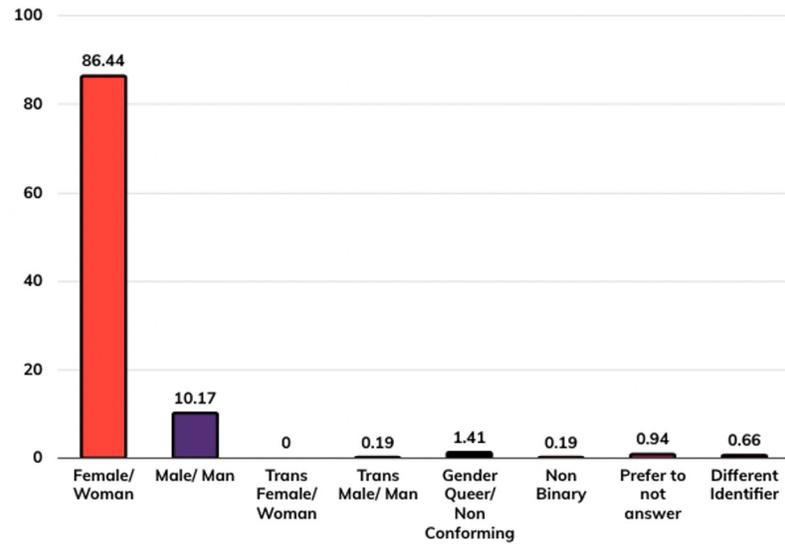
- What are your privileges?
- What advantages do these privileges provide you?

Examples of Privilege:

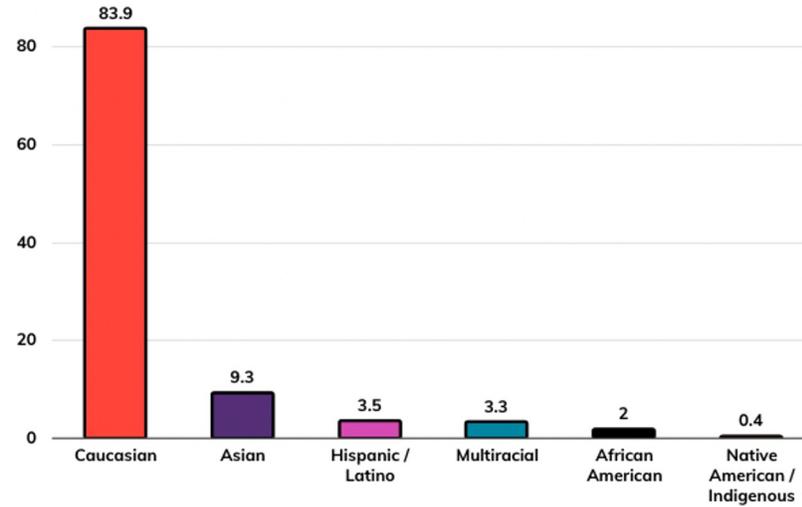
- White / Racial
 - Gender
 - Sexual Orientation
 - Age
 - Ability
 - Class
 - Educational
 - Ability
 - Heterosexual
 - Cisgender
 - Language
 - Citizenship
 - Geographic
 - Neurotypical
 - Employment
 - Mental Health
 - Freedom of Movement
 - Beauty Standards
 - Religious
 - Nationality
 - Relationship (Married)
- *this is not an exhaustive list

American Music Therapy Associations 2021 Workforce Analysis

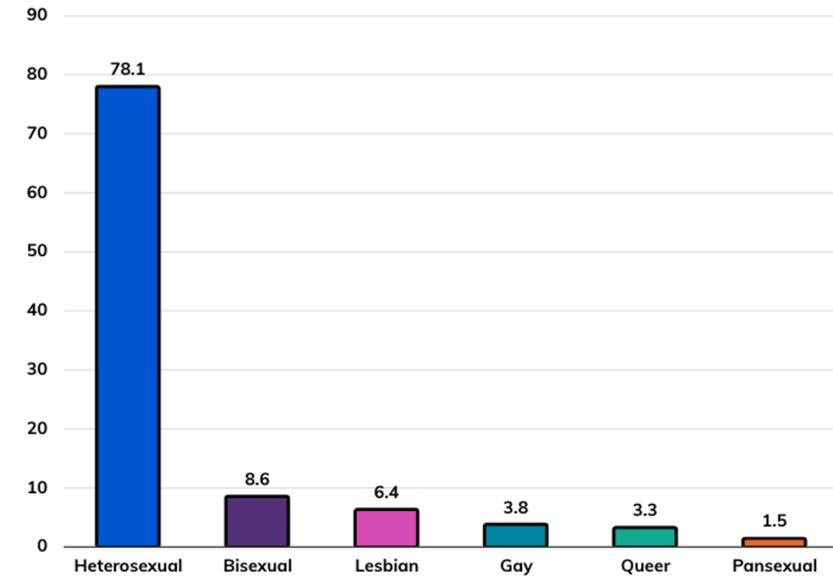
Music Therapist Gender



Music Therapist Ethnicity



Music Therapist Self-Identification



Invisibility and GIM



Getting on the Same Page

- Queer
- Queer Theory
- 2SLGBTINQA
- Intersex
- CAFAB
- CAMAB
- AFAB
- AMAB
- Transgender
- Transwoman
- Transman
- Agender
- Cisgender
- Polyamory
- Relationship Anarchy
- Ally
- Androgyn
- BDSM
- Deadman
- Drag King / Queen
- Dyke
- Beard
- Dysphoria / Euphoria
- FLINTA
- TIN
- Genderqueer
- Genderfluid
- Passing
- Puberty Blocker
- Pronouns
- Rainbow Family
- Sexuality
- Sexual Fluidity
- Bisexual: An Enby sexuality**
- Pansexual
- Asexuality
- Demisexual
- Acosexual
- Sexual Practices
- Sexual Preferences
- Femmsexual
- A_Romantic
- Graysexual
- Omnisexual



Marsha P. Johnson (She, Her) 1945-1992
described herself as a gay person, a transvestite, and a drag queen. She was at the forefront of the Stonewall Uprising.

photo from: Netflix

Gender

“The gender binary is culturally specific, and directly related to the settler- colonial, imperialist project of categorizing different groups of people and bodies as superior or inferior to others”

(Barker & Iantaffi, 2019, P.55).

Enby or Non-Binary: those who do not conform to the gender binary.

Two – Spirit, 2S: describes different traditional genders and social roles among First Nation peoples.

References : Barker & Iantaffi, 2019; 6 cultures that recognize more than two genders.



Nenookaasi Ogichidaa (she, they)

a Two-Spirit Afro-Anishinaabe
powwow dancer and Educator based in Toronto.

Photo by: [@bangishimo](#) (Instagram)

Photo from: [@nenookaasi](#) (Instagram)

The Master's Tools of Oppression

- Gender essentialism
- Cisgenderism
- Heteronormativity
- Mononormativity
- Pathologization
- Queerphobia
- Transphobia
- Biphobia
- Heterosexism
- Homophobia
- Misogyny
- Patriarchy
- Polyphobia

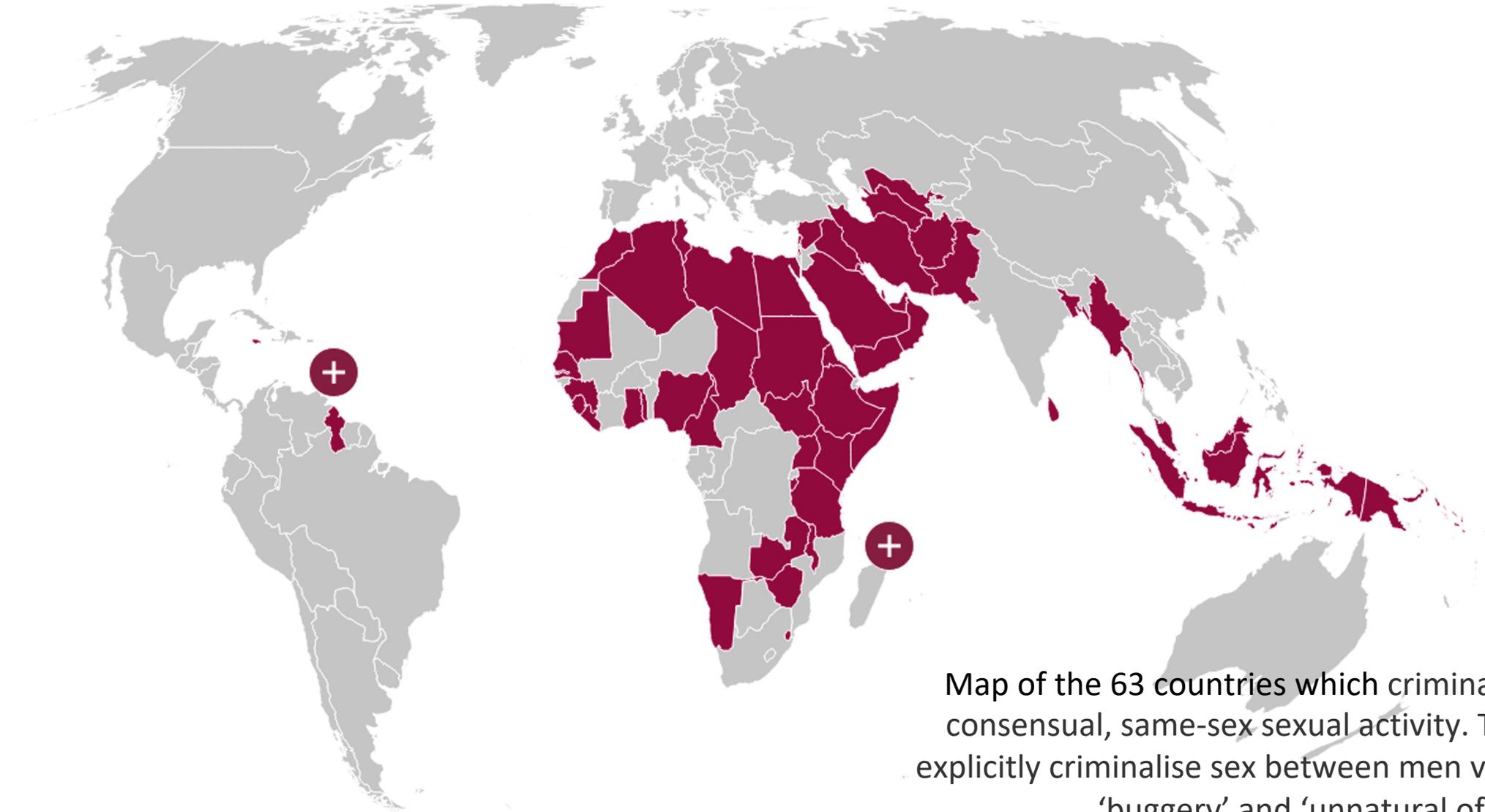


Audre Lorde (she, her)

Black, Lesbian, Mother, Warrior, Poet, Writer.
In einem Café am Winterfeldtmarkt, 1992 / Freie Universität
Berlin, Universitätsarchiv, NL Lorde, Sig. 176
Image Credit: Dagmar Schulz

“All human beings are born free and equal in dignity and rights.”

Article 1, Universal Declaration of Human Rights.



Map of the 63 countries which criminalise private, consensual, same-sex sexual activity. The majority explicitly criminalise sex between men via ‘sodomy’, ‘buggery’ and ‘unnatural offences’ laws

“Human dignity is inviolable.
It must be respected and protected.”

Article 1, Charter of Fundamental Rights of the European Union.



Map of Equality and Non-Discrimination

Image from: Ilga Europe Rainbow Map

A Study by the EU Agency for Fundamental Rights

63% have been victims of physical or sexual attacks experience negative psychological consequences including fear of leaving their house. With men being the primary perpetrators of the attacks.

Over a third of queer people have considered suicide in the year before the survey – this proportion is much higher for pansexual people (59%), trans women (59%), trans men (60%) or non-binary and gender diverse respondents (55%).

321

TGEU TRANS MURDER MONITORING | OCTOBER 2022 - SEPTEMBER 2023

trans & gender diverse people reported murdered



80% Black, brown,
or racialised*



48% sex
workers*



94% trans women
or femmes



45% migrants or
refugees in Europe*



28% murdered on the street
26% murdered in their residence

*where demographic data was reported



40% of youth reporting that they
were kicked out or abandoned due
to their LGBTQ identity
(DeChants et al, 2021)

Music Listening Experience

Same Love, Angel Haze Cover of Macklemore and Ryan Lewis



Hi Mom

I'm really scared right now, but I have to

At age thirteen, my mother knew I wasn't straight
She didn't understand, but she had so much to say
She sat me on the couch, looked me straight in my face
And said you'll burn in hell or probably die of AIDS
It's funny now, but at thirteen it was pain
To be almost sure of who you are and have it ripped away
And I'm sorry if it's too real for some of you to fathom
But hate for who you love is not exactly what you'd
imagine
And I guess it was disastrous
Because everything that happened afterwards was just
madness

Locked away for two years to keep me on the inside
Because she'd rather see a part of me die than me thrive
And it's tougher when it's something you can't deny
And ignorance teaches us it's something that you decide
You're driven by your choices, an optical illusion
Here's to understanding that it's not always confusion

And I can't change even if I tried, even if I wanted to
And I can't change even if I tried, even if I wanted to
My love, my love, my love
She keeps me warm, she keeps me warm
She keeps me warm, she keeps me warm

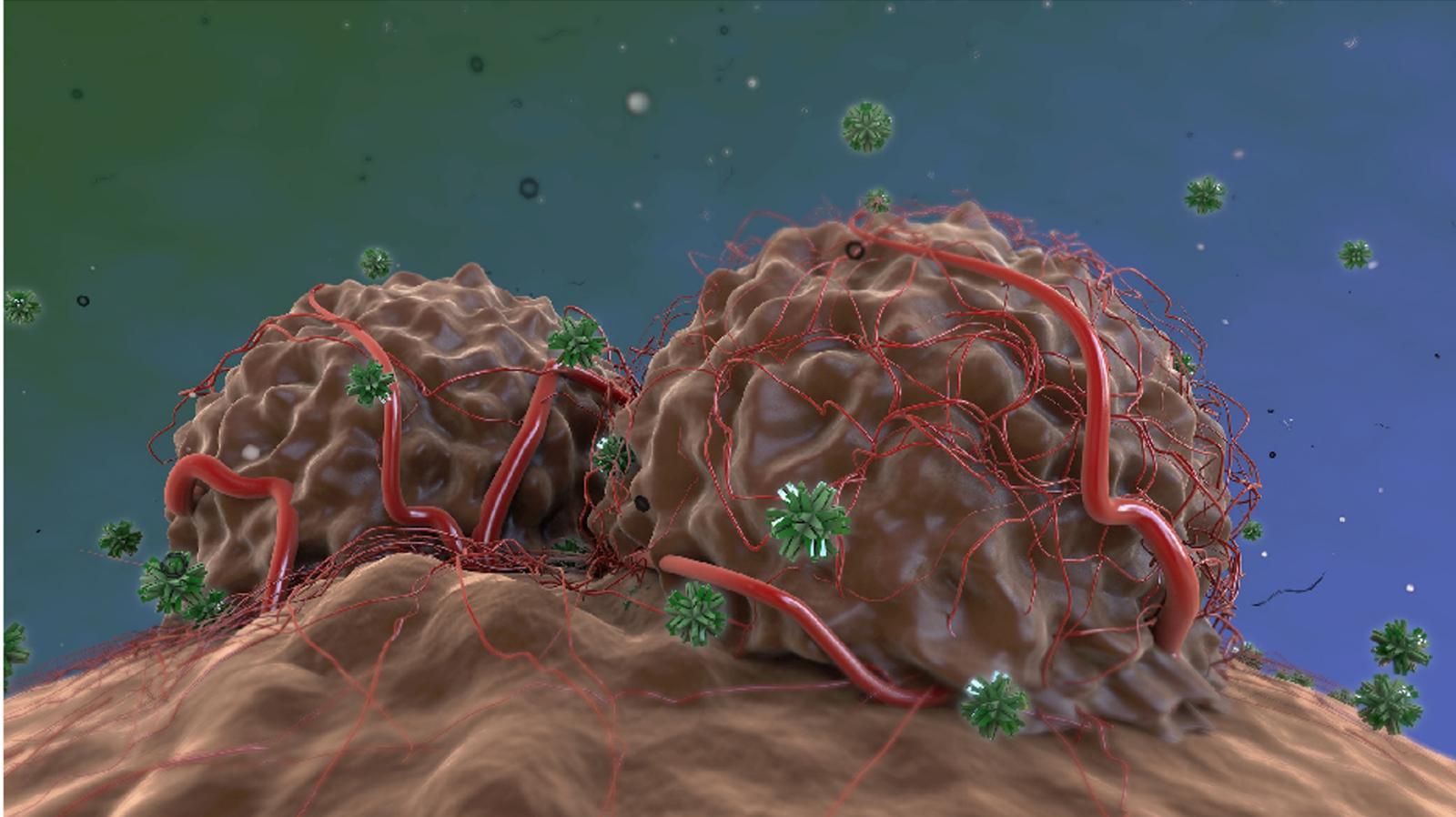
I've walked the halls of my school
And I've seen kids hide behind walls and footballs and
things like pride
I've seen innocent children suffer beneath bruises
Suffer beneath every single hand that chooses
Ignorance, fuck your religion
Fuck constitutions, fuck superstitions
There are no lakes of fire; they're here on earth
And the only thing to do is put love first
And so I stand for the boy who died by his hand
To the sound of his father screaming "woman loves man"
This is Adam and Eve, not Adam and Steve
And I stand for the girl with the cuts up her sleeve
And the heart in her hand and a chip on her shoulder
And I stand for it all until ignorance is over
This is for you, for knowing who you are
For never letting your magic outside of your heart
Be you, be brave
And understand that things do change
I accept you for you when I don't understand
And I love you for you cause this is who I am
I accepted you for you when I didn't understand
Now love me for me cause this is who I am



Angel Haze (they, them)
American Rapper Singer.

Photo from: Discogs

The Illness



A Tumour as a representation of Structures of Oppression

Microaggression is a brief and commonplace daily verbal, behavioural, and environmental indignities, whether intentional or unintentional, that are hostile and derogatory in nature that often express a prejudice.

(McSorley, 2020; Merriam Webster)

“Within music therapy the enactors of gender microaggressions included music therapy professors, panel presenters at music therapy conferences, music therapy colleagues, music therapy students, music therapy internship directors, music therapists (in the capacity of the participants’ therapist), and the field as a whole”

(McSorley, 2020, p4).

GIM Microaggressions

Imagery Microaggressions

a microaggression enacted against a person while they are in an altered state of consciousness is an act of violence in someone's inner world.

Mandala Microaggressions

a microaggression enacted against a person when attempting to understand and analyze images and mandalas.

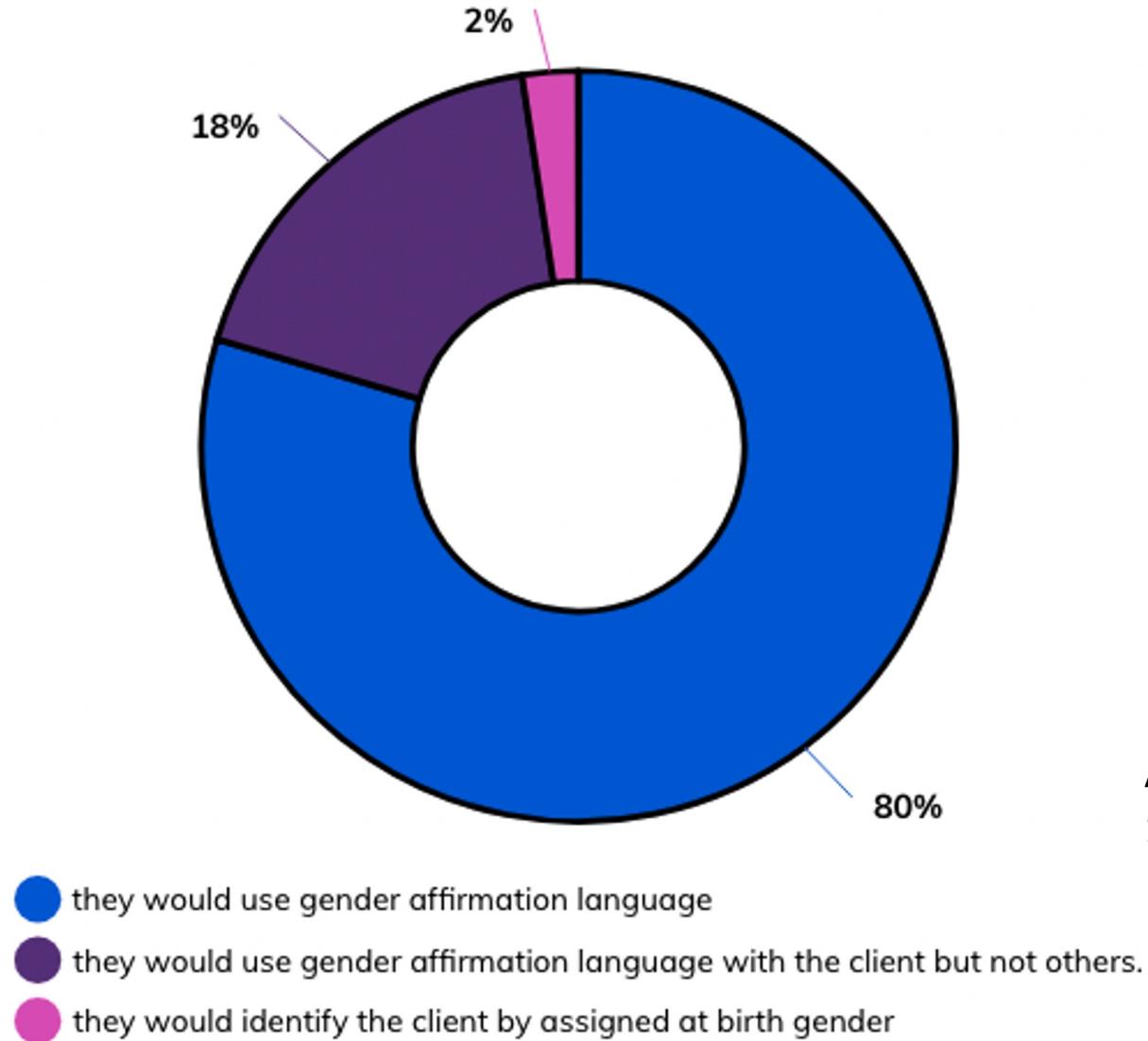
Music Therapy has Caused Harm

“59.2% respondent’s felt the training they received did not sufficiently prepare them for working with the queer community”

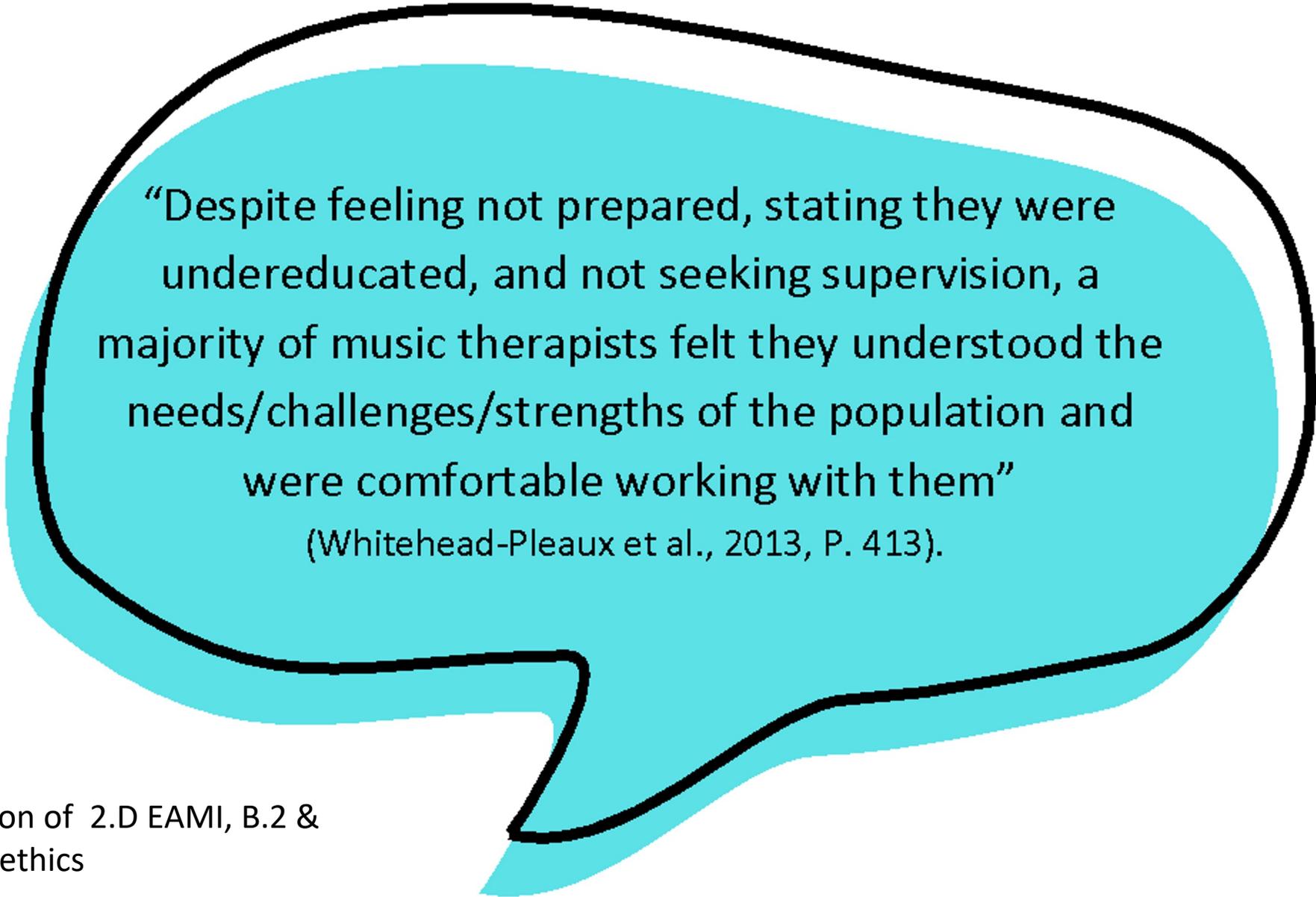
(Whitehead-Pleaux et al., 2013, P. 413).

A Violation of 3.4 EAMI and B.3 AMI ethics.

Music Therapist use of Gender Affirming Language



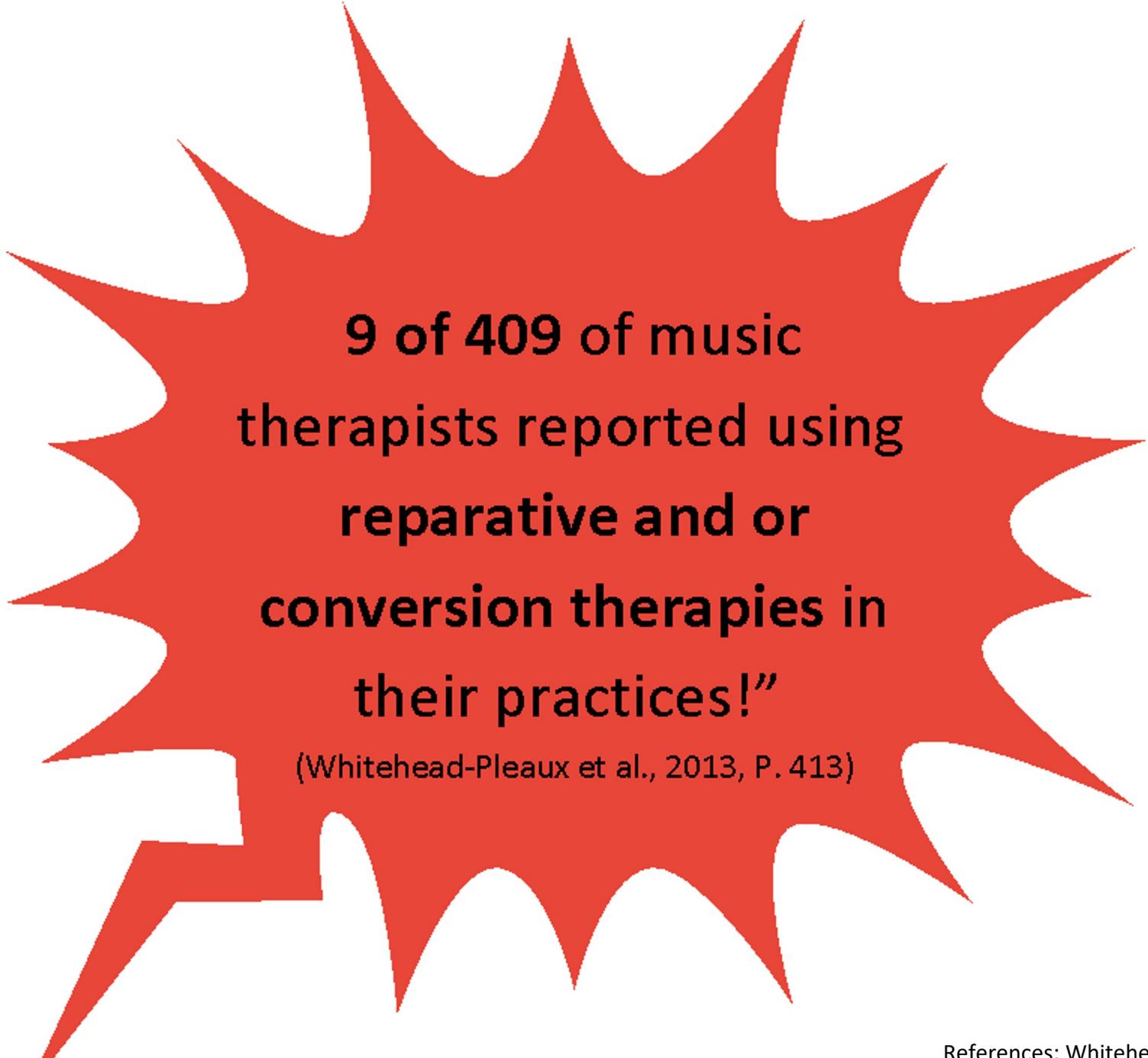
A Violation of 2.D EAMI and 1.B AMI ethics.



“Despite feeling not prepared, stating they were undereducated, and not seeking supervision, a majority of music therapists felt they understood the needs/challenges/strengths of the population and were comfortable working with them”

(Whitehead-Pleaux et al., 2013, P. 413).

A Violation of 2.D EAMI, B.2 &
B.3 AMI ethics



**9 of 409 of music
therapists reported using
reparative and or
conversion therapies in
their practices!”**

(Whitehead-Pleaux et al., 2013, P. 413)

Video: I am also a We; Nomi Marks

Sense8 is a science fiction drama thriller revolving around eight strangers from different parts of the world who suddenly become mentally and emotionally linked due to an unknown evolutionary leap. The series explores concepts of family, sexuality, gender identity, and queer joy. Created by the Wachowski sisters, the creators of the Matrix.





descript

I am also a We; Reflection Questions

Reflection Questions

1. What is happening in the dynamic between Nomi and her mother, her sister, the nurse and health care system?
2. What microaggressions did Nomi experience?

Video: The Fever; Ricky, Damon, Pray Tell, & Blanca



Pose is a story of ball culture and the Black gay and trans community in the late '80s and early '90s New York in the midst of the raging AIDS crisis.



descript



29:41

The Fever; Reflection Questions

1. How have you been harmed by internalized white supremacy?



Ethical GIM

- . Centers the human dignity and worth of all individuals above all else.
- . Practitioners must actively engage in dismantling intersecting structures of oppression, beginning with themselves.
- . Embraces the uniqueness and strengths of every person.
- . Rejects the pathologization of queer and marginalized identities, placing the focus on the illness within structures of oppression and white supremacy.
- . Removes music with colonial or oppressive roots from the music therapy repertoire.
- . Must recognize micro-aggressions in the moment and apologize, taking ownership and corrective action for their behavior.

Breaking Boxes on Music



Breaking Boxes on Imagery



A gay guardian angel being born
in Hetherington, R. (2020)



Galaxy; A universe of chosen sibling love, a personal mandala

Video: Isolated Above, Connected Below; Lito and Pride

Lito (he/him) He is a gay actor living with his boyfriend, Hernando, in Mexico City, along with his beard Daniela, forming a chosen family. His secret relationship with Hernando was recently made public when sexual images were shared with the press.





Isolated Above, Connected Below; Reflection Questions

Reflection Questions

1. How is queer joy and love exemplified?

Queer Joy and Resilience



The Bench,
A Personal
Mandala

Conference Home Work

1. Watch "**Music Theory and White Supremacy**"

by Adam Neely. Adam Neely discusses music theory at the intersection of white supremacy and its impact on music, music education, music performance, and access to music.

<https://www.youtube.com/watch?v=Kr3quGh7pJA>

2. Attend: ***The Music of Kaleidoscope* by Joyu Lee**

Abstract: This paper introduces a new GIM Program entitled "Kaleidoscope," developed between 2022 and 2024 by the author. The program Kaleidoscope features music of Black composers. The program, with its diverse musical elements, is designed to be versatile and can be utilized and experienced as a complete program for individual use or for GIM adaptations, and different modifications for MI and MB. The musical elements within Kaleidoscope are vibrant and eclectic, blending Western classical traditions with various influences, including African-American spirituals, folk, jazz, and contemporary music. The compositions feature rich textures, rhythmic vitality, and expansive narratives. Metaphorically, "Kaleidoscope" describes perspectives that are constantly changing and full of complex, vibrant patterns or elements. "Kaleidoscope" was curated out of necessity to honor and support persons of color who have difficulty with the history of Western classical music traditions; this author explains the program's design and discusses the reflective themes of social justice and identity.

Conclusion

When GIM therapists do not actively work to dismantle intersecting structures of oppression and recognize their impact on themselves, they limit their imagination and the musical possibilities of what could be.

They may commit imagery microaggressions. They may commit mandala microaggressions.

They may use music that is colonial or oppressive.

If GIM therapists do not begin to dismantle intersecting structures of oppression within themselves:

- They will cause harm.
- They will violate a person's dignity and worth.
- They will violate the AMI and EAMI codes of ethics.

They will be an unethical Guided Imagery and Music therapist, supervisor, and educator.

Closing: Musical Activity On Belonging



Photo from: Bezirk Mittelfranken

South African cellist Abel Selaocoe is redefining the parameters of the cello. He moves seamlessly across a plethora of genres and styles, from collaborations with world musicians and beatboxers, to concerto performances and solo classical recitals. Abel combines virtuosic performance with improvisation, singing and body percussion, and has a special interest in curating recital programmes that highlight the links between Western and non-Western musical traditions.

Together we will listen to: Hlokomela/ Take Care

I encourage you to see his “Four Spirits” suit. It is a four-part cello, vocal, and orchestral suit that feels like its own GIM program.

Crescendo Counselling



Scan for Slides and Workbook

A space for Queer, Polyamorous, Kinky, Creative folk and Allies!

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Beyond the Binary: Exploring GIM's Relationship with Gender and Queer Realities Workbook

Created by Sadie Smith

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1. Key Literature Readings

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2. Getting on the Same Page [Definitions and Terminology]

Queer: functions as an overarching label for individuals who identify with any non-conforming sexual identity, gender identity, or relationships.

Queer is by definition whatever is at odds with the normal, the legitimate, the dominant. **Queer** offers a way to think beyond the constraints of whiteness and the familiar, thereby allowing for the reimagining of who we are and who we might become.

Queer Theory

Is an interdisciplinary field that aims to destabilize heteronormative discourse by challenging fixed categories of sexuality and identity.

It focuses on a continuum of non-heteronormative sexualities and practices, revealing opportunities for empowerment rather than emphasizing vulnerability.

References: Barker & Scheele, 2016; Willey, 2016; Boggan, Grzanka, & Bain, 2017; Harris, 2017; Bain, Grzanka, & Crowe, 2016; Hadley, 2013

Gender

“The gender binary is culturally specific, and directly related to the settler-colonial, imperialist project of categorizing different groups of people and bodies as superior or inferior to others” (Barker & Iantaffi, 2019, P.55).

Sex is not just determined by genitals; it is impacted by chromosomes and the secondary characteristics developed in puberty. Our assigned gender at birth is only an approximation based on what we can see, it is not based on our biological makeup (Barker & Iantaffi, 2019, P.57).

Gender is a biopsychosocial construct, as there are biological, psychological, and social components of gender, which are in relationship, and interact with one another in complex ways.

- **Biological** components of gender might refer to how our brain works, what hormones are being produced and how the two interact. Yet this can also be tricky as the brain and hormones are responsive to both environment and activities.
- **Psychological** aspects refer to how we might experience our gender or our felt sense of gender: the way we identify our gender, how it feels when we put on certain clothes, which mannerisms feel most comfortable and how we think about our own gender.
- **Social** aspects of gender focus on how gender is played out in a specific historical, geographical, and cultural moment. What expectations do people around us have on specific genders? What are the gendered norms around clothing, activities, mannerisms, social roles, and so on? (Barker & Iantaffi, 2019, P.58-59)

When we talk about the Gender biopsychosocial constructs are we talking about someone's:

- **Gender identity**, this is the sense of who they are
- **Gender roles**, that is how they interact with the world around them according to gender norms
- **Gender expression**, that is how they're manifesting their gender through clothes, mannerism, hairstyle and so on
- **Gender experience**, that is how their navigating the world because of their gender (Barker & Iantaffi, 2019, P.60)

Identities*

Intersex: is an umbrella for people born with sexual anatomy that does not fit within the male/female binary, inherently challenging the binary

Non-Binary: their gender is both at the same time, between male and female, or neither male nor female. Some people use the terms NB, enby, genderqueer because they would rather not be defined by what they are not

Transgender: that is, their assigned at birth sex and gender identity are not congruent.

Transman: a person who was assigned female at birth and transitioned to male.

Transwoman: a person who was assigned male at birth and transitioned to female.

Cisgender: those who are congruent with the sex assigned at birth and their gender identity.

*not an exhaustive list

Sexuality*

Sexuality: is engaging in erotic aspects that are generally connected to pleasure including feelings of arousal, getting excited, experiencing desire and lust, orgasms as well as nurturing a feeling of love, closeness and intimacy.

Sexual Fluidity: is the idea that our sexuality can shift and change over time. Our sexual identities, behaviors and attractions can mesh in all kinds of complex ways and change over time and across different situations.

Bisexual: A non-binary sexuality

Pansexual: People who feel sexual attraction towards people of all genders or whose sexual attraction is not dependent on the gender of the other person(s).

Asexuality: an umbrella term for folks who do not generally feel eroticism.

*not an exhaustive list

References : Barker & Iantaffi, 2019; XeniaB, 2017.

3. The Master's Tools of Oppression*

Gender essentialism: states that sex is seen as female or male and assigned based on the genitals we are born with. This idea dates to Plato and initialized by Christianity

Cisgenderism: is the systematic devaluation, pathologizing, and delegitimization of people who do not identify with the sex they were assigned at birth. It reinforces the belief that gender is static and unchanging, with no room for legal, medical, or social transitions over time.

Heteronormativity: the attitude or belief that heterosexuality is the only normal and natural expression of sexuality.

Mononormativity: is the cultural, social, and institutional assumption that monogamy is the only valid or acceptable form of relationship.

Pathologization: the process of treating or defining a behaviour, identity, or condition as inherently abnormal, disordered, or diseased.

Conversion therapy is any intervention that seek to change, cure, or suppress the sexual orientation and/or gender identity of a person into cis and heterosexual norms often through multiple forms of emotional and physical abuse including corrective rape over a prolonged period of time (Carlisle & Withers Green, 2022). Harms associated with conversion therapy include: a higher risk of depression, post-traumatic stress, suicidal ideation and increased risk of suicide attempts, addiction, identity distress, ongoing negative impacts on self-esteem, and personal relationships (Carlisle & Withers Green, 2022).

*not an exhaustive list

References : Barker & Iantaffi, 2019; Schilt & Westbrook, 2009 in Bain, Grzanka, & Crowe, 2016; XeniaB, 2017; Merriam Webster Dictionary; Smith C (S), 2018; Lorde, 2007.

4. Inclusive Language

is the use of words and expressions that respect and affirm the diverse identities and experiences of all people, avoiding stereotypes, bias, or exclusion. It aims to promote equality by recognizing differences in gender, race, ability, age, religion, and other characteristics, and ensures that everyone feels valued and included in communication.

Gender Neutral Pronouns

- They / Them [English]
- En / Ens / Em [Deutsch]
- Ille / Iel [French]
- Elle [Spanish]
- Hän [Finnish]
- Hen [Swedish]
- Bell* [Italian]
- Neo (new) Pronouns:
 - ze/zir/zirs; ze/hir/hirs; xe/xem/xyrs

Verein für geschlechtsneutrales Deutsch e. V.

	inklusivisch	maskulin	feminin
Nominativform	<i>en</i>	er	sie
Possessivform	<i>ens</i>	sein	ihr
Dativform	<i>em</i>	ihm	ihr
Akkusativform	<i>en</i>	ihn	sie

Misgendered Someone?

- Apologize / Thank them and move on!
- Don't put the burden of making you feel better on them, by apologizing profusely or telling the person how you're still learning.
- You might mean well, but chances are, you are not the first person that day (or week, or month) to misgender them.

Dealing with Discomfort

Getting used to introducing oneself with pronouns, asking other's pronouns & using gender neutral or neo-pronouns, and more inclusive language can feel a little awkward at first, because we have been socially conditioned to gendered language

If you are uncomfortable, ask yourself:

- Why am I feeling uncomfortable with this?
- What thoughts or assumptions do I have that might be causing my discomfort?
- Consider how it would feel for you to be called the wrong name or pronouns or for others to presume to know you based on what they perceive.

Addressing Groups

- Folks
- Friends / Freund*innen
- Colleagues / Kolleg*innen
- Everyone / Alle
- Guests / Gäste
- Members / Mitglieder*Innen
- Humans / Mensch
- Participants / Teilnehmende*Innen
- Gentle Beings

Das Schriftzeichen * wird hierbei genutzt zur Vermeidung von generischen Maskulinformen (Künstler), um in der verkürzten Paarform (Künstler/-innen) den Schrägstrich zu ersetzen und die Bedeutung zu erweitern: Künstler*innen. Im Singular kann auch eine Person bezeichnet werden, die nicht männlich oder weiblich ist: Alex ist ein*e Künstler*in.

Gender Neutral Image Description

Describe these images using inclusive language, without referring to their gender or sexuality (as these would be based on assumptions, as we cannot know as we cannot ask them).

1.



Photo by [Simi Iluyomade](#) on [Unsplash](#)

2.



Photo by [Ashley Nicole](#) on [Unsplash](#)

3.



Photo by [William Recinos](#) on [Unsplash](#)

4.



Photo by [Andra C Taylor Jr](#) on [Unsplash](#)

5. Additional Reflection Questions: I am also a We, Nomi Marks

1. What is happening in the dynamic between Nomi and the health care system?
2. What microaggressions did Nomi experience?
3. Can you put yourself in Nomi shoes, how it would feel to wake up in the hospital, to be dead-named, and denied your family of choice? How would you feel?
4. What feelings and thoughts did this clip bring up for you?
5. How do you see love exemplified?
6. How do you see joy exemplified?
7. How do you see care exemplified?

6. Additional Reflection Questions: The Fever

1. How have you been overtly harmed by white supremacy?
2. What structures of oppression are the characters experiencing?
3. How is chosen family depicted?
4. What is happening in the dynamic between Dameon and Ricky?
5. What does Pray Tell mean when he says, "the world wants us dead?"
6. What feelings arise for you listening to Pray Tell and Blanca's conversation
7. How have you stayed silent when it comes to race and racism?
8. What knowledge do you have or need regarding queer safer sex practices?
9. What knowledge do you have or need regarding gender-affirming mental health and medical care?
10. What knowledge do you have about the AIDS pandemic and its ongoing impacts?
11. Why would Black queer people be mistrustful of the healthcare and medical system?
12. How do you see love exemplified?
13. How do you see joy exemplified?
14. How do you see care exemplified?

7. Critical Self Reflection: Gender Roles

1. What are some examples of traditional gender roles and expectations in your society or culture? For example men as breadwinners, women as caregivers.
2. What gender roles are expected from you? How does this impact your daily life, such as work, family, and social interactions?
3. How are men and boys harmed by gender roles?
4. Can you share a personal experience where you felt pressured to conform to a specific gender role? How did that make you feel?
5. How have your views on gender roles been influenced by your upbringing, community, or culture? Reflect on how family, community, or culture has shaped your understanding of gender roles.
6. How have gender roles caused you harm?
7. Have you ever challenged or questioned a traditional gender role in your life? What motivated you to do so?
8. How do gender roles affect opportunities in education, career, and leadership positions?
9. In what ways do gender roles contribute to inequality? How do they intersect with other forms of discrimination (e.g., race, class, sexual orientation)?
10. How do gender roles manifest in different settings, such as the workplace, family, education?
11. How do gender roles manifest in music therapy?
12. How do gender roles manifest in music education?
13. Make a list of all the binaries in your wider culture that are associated with the man / woman binary. For example, rational / emotional, dominant submissive and independent / dependent. Come up with as many as you can
14. How have you projected gender roles or expectations onto others? How have you projected them onto yourself?

8. Additional Reflection Questions: Isolated Above, Connected Below (Pride)

1. Why is pride as a celebration important?
2. What feelings arise for you when watching a gay kiss? Did it feel erotic?
3. What feelings come up for you while listening to Lito's speech?
4. What is the importance of Lito announcing he is a gay man for himself? How does this apply to your hidden parts?
5. How is love exemplified?
6. Where do you see love?
7. Can you imagine love as a choice not confined to rigid boxes of normativity?
8. How is queer joy exemplified?
9. Why is queer joy important?
10. How can accepting parts of ourselves lead to queer joy?
11. Do you know the origins of Pride? That it started as a protest against police violence targeting trans people and drag queens?
12. What is meant by Daniela being Lito's beard?

9. Ongoing Critical Self Reflection

1. Over the next few days observe how gender is everywhere. Consider books, songs, tv, fictional characters, adverts, magazines, and social media for example. Take time to notice gender interactions or when gendered languages are used. For example, if someone uses madam or sir, boyfriend, or girlfriend, who the server gives the bill to, notice if things in shops are categorized by gender, notice how colour is used to gender things. Once you have made some observations, take time to think whether they are about gender in terms of someone's identity, expression, role, experiences, or if they are about social and cultural expectations or a mix of several factors. Then take some time to notice other factors at play such as age, class, disability, race, sexuality and so on. Undertake this from a place of curiosity and kindness (Barker & Iantaffi, 2019, P. 61)

2. Where are you at in relation to non-binary gender? Are there any aspects of your gender identity, expression, or experience which seem to be closer to a gender other than the one people tend to see you as? If so, how would you describe this? How do you feel about it? (Barker & Iantaffi, 2019, P. 62)

3. Repeat these questions in relation to your sexuality.
4. Are there parts of your identity you are hiding for fear of discrimination or oppression?
5. Take time to reflect on how the various structures of oppression impact your daily life and those you love.

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